

# Chemo-Brain and Memory Problems

Many people with cancer and in cancer treatment have trouble thinking, remembering, and concentrating. Try these tips to help you manage mental cloudiness or “chemo-brain.”

## TRY THIS

**Follow a routine.** Stay organized with a planner or calendar.

**Leave notes for yourself.** Post reminder notes where you'll see them, or set alerts on your phone.

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## CHECK THIS OUT

**Visit** the Springboard page on Chemo-Brain and Memory Problems.  
<https://smokefree.gov/springboard/symptoms/chemo-brain>

**Learn** about chemo-brain (<http://goo.gl/frltU>) and memory changes (<http://go.usa.gov/xxADk>).

**Get** tips to manage memory or concentration problems.  
<http://go.usa.gov/xxADk>